

Fitness Class Timetable

Winsford Lifestyle Centre

Accurate as of 27/07/2024

Times for Saturday 27 July



Time	Session	Facility	Instructor	Type
08:30 - 09:15	Brio Fusion	Sports Hall	Donna	Complete Body Workout
08:30 - 09:15	BODYPUMP	Dance Studio	Tomoko	Strength/Conditioning
09:30 - 10:15	Tai Chi	Dance Studio	Donna	Mind & Body
09:30 - 10:15	BODYATTACK	Sports Hall	Tomoko	Complete Body Workout
09:30 - 10:30	Brio Cycle	Spin Studio	Lorna	Cardio
10:30 - 11:30	Pure Stretch	Sports Hall	Donna	Mind & Body
11:00 - 11:45	Spartan HIIT	The Box	Gym Team	Interval
11:30 - 12:30	BODYJAM	Sports Hall	Dawn & Claire	Cardio